



## **2021 Oklahoma Gathering for Person Centered Practices**

**June 25, 2021**

### **Agenda**

9:00 Welcome and Introductions

9:30 Keynote – Karyn Harvey: Introduction to Trauma

10:15 Break

10:35 Plenary – Karyn Harvey: The Value of Relationships in Healing Trauma

11:20 Diving into Us – small group activity

11:45 Ellen Bannister: A Path to Healing – The Integrated Star as a tool for planning relationship development

12:00 Lunch

1:00 Lindsey and Wendy Spoon, Ellen Bannister: Lindsey's Story – Real life use of the Integrated Star

1:15 Developing Our Own Stars – small group activity

1:45 Sharing in the Main Room – Ed Lawson

2:15 Break

2:30 The Impact of Relationships in a Real Life – Karen Harvey facilitates a conversation with Lindsey and Wendy

3:00 Level One Changes: Putting Our Learning to Work – small group activity

3:30 Sharing in the Main Room – Ed Lawson

3:45 Take Aways

4:00 Adjourn

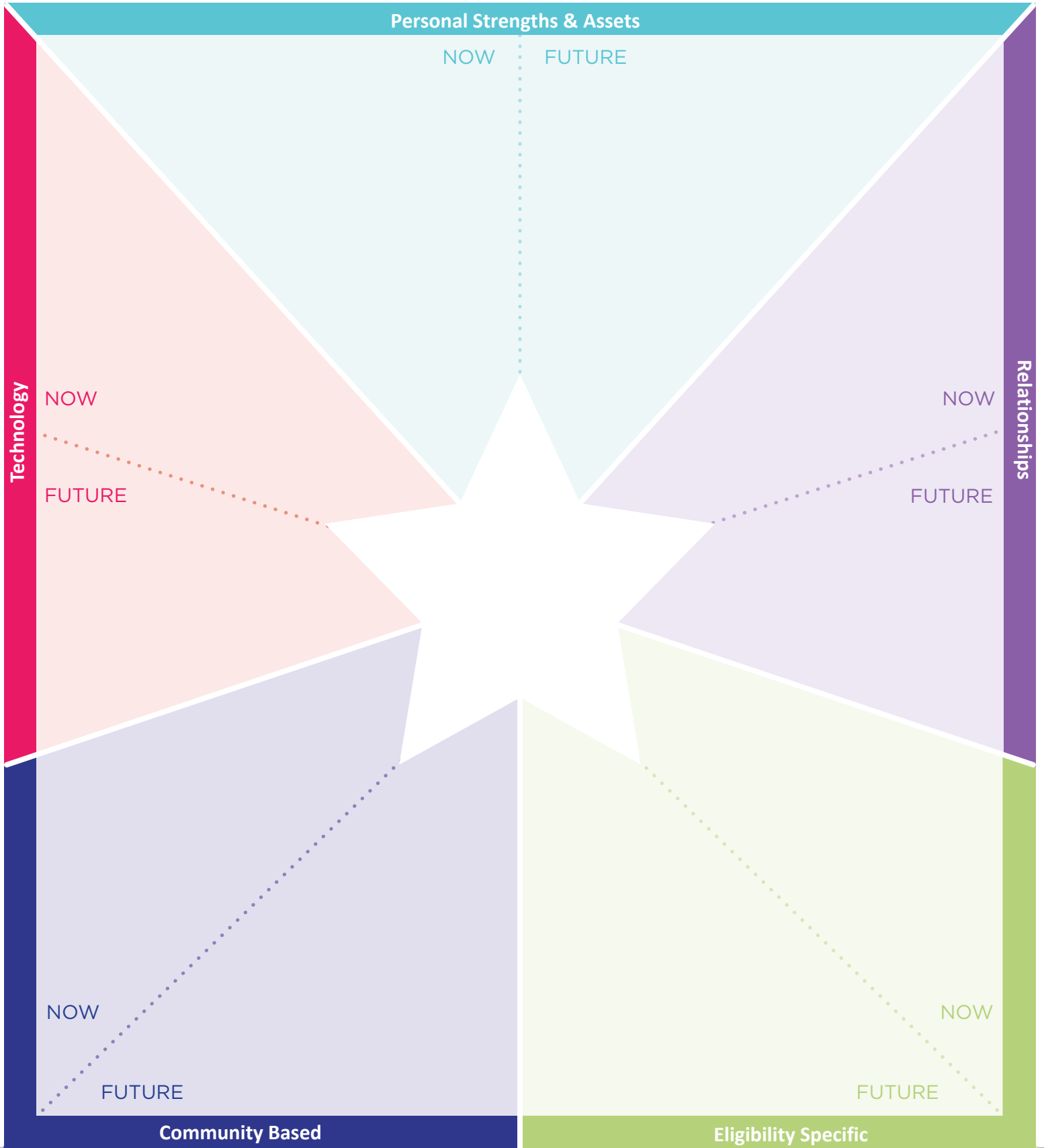


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### Diving into Us Worksheet

Describe a current situation in your own life that is significantly challenging to you.

Describe how relationships (or lack of relationships) are contributing to the challenge or are helping ease the challenge.



## Level One Changes